



*M & M Elite Athletics, LLC*

2024-2025  
Parent and Athlete  
All Star Prep Handbook

# M & M Culture

- We are a 'team first' mentality gym that prioritizes positivity and lifting each other up.
  - Athletes will not only grow as an athlete: learning stunting, tumbling, and dance with M & M, but will also grow as human beings as they push towards adulthood, learning life skills, teamwork, and communication skills.
  - Not every practice will be a knockout, amazing time, but athletes are expected to come back to the next practice with a refreshed mind and a willingness to attack the day in a positive manner.
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- Our goal is to be as transparent as possible. Whether we're talking about placements, practice, financials, etc. We want you to feel safe and that your athlete's and the gym's interests are our priority.

# Evaluations

We will be basing our teams and the divisions that we will be competing in off of evaluations (placements).

Coaches will be evaluating athletes on the following skills:

- Stunting
- Tumbling
- Jumps
- Dance
- ATTITUDE & COACHABILITY
- Flexibility
- Overall athleticism and possible skills growth

Evaluations will be held:

Saturday June 8th at Storm Zone Gym in Center Point, IA

**\*9:30AM-10:30AM Birth Years 2015-2021**

**\*11AM - 12PM Birth Years 2008-2014**

## Age Divisions:

We will be looking at placing athletes in the following age groups (based off of BIRTH YEAR):

- Mini: 5-9 (2015-2019)
  - Youth: 5-12 (2012-2019)
  - Junior: 6-16 (2008-2018)
  - Senior: 12-19 (2005-2012)
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- These age groups are 'The Open Championship' rules and it will be up to the discretion of the coaches as to which group you are placed into.

## Practice Schedule & Expectations (Sept-April)

- Practices will be once a week for 2 hours.
- Athletes are expected to be at all practices but we get that life happens. You will have 3 Excused Absences per season.
  - Unless you are contagious or throwing up, you are expected to be at practice, even if it's just to watch.
- Athletes are required to be at the practice the week of a competition.
  - Exceptions will be made for funerals (with documentation), sickness or hospitalization (with a Doctor's note), school sponsored trip (your coach must be notified a month in advance).
- Any UNEXCUSED absence or excused absence past the 3 allotted will incur a \$10 fee. This is to ensure some accountability for missing practices. Even missing one person can affect the whole team and the way the practice can be run.
- If practice is to be canceled due to inclement weather, they will be canceled by 3PM and notification will be sent on Facebook, Instagram, and through the BAND App.
- Be cheer ready 5 minutes before your practice starts. That means: Hair up, jewelry off, cheer shoes on.
- **Practice-wear:**
  - Practice Tee Shirt will be required to be purchased. There will be set practices that these will be required to be worn at.
  - **NO** jewelry
  - Nails must be trimmed to appropriate length
  - Acceptable clothing includes: t-shirts, tank tops, sports bras, athletic shorts, spandex shorts, leggings (if you are a flyer, leggings must not go below knee)
  - No phones out at practice
  - BRING A WATER BOTTLE

## Communication

- Proper communication is essential for teams and programs to run smoothly. We will try to give you as much heads up as we can when we change things. We need both athletes and parents to communicate with us, whether it be illness, injury, vacation, family emergency, etc!
- We have Facebook and Instagram pages we use regularly, as well as a general email.
- Athletes and parents will be required to download the BAND App. That is where we will have general information as well as team and parent chat rooms. Those are expected to be checked regularly and athletes will often be asked to 'react' to a post for input.
  - **ATHLETES:** Please only use the BAND App when communicating with your coach about practice or a competition, whether through the team chat or a direct message.
- We have partnered with GoMotion to provide a place for parents and athletes to sign in and look at announcements, pay bills, see schedules, track progress and more!



Additional important dates:

- September 8th-14th: First practice for all teams
- November 27-29 : **NO PRACTICES** (Thanksgiving)
- December 23-27- **NO PRACTICES** (Christmas)
- December 31- **NO PRACTICES** (New Years)
- TBD- **Team & Individual Pictures** (pictures will be taken by DTM Images)

## COMPETITIONS

- We are hoping for Prep to compete at 3-4 live events.
- The Competition Schedule will be finalized after evaluations based on what levels of teams we decide on. Here are some competitions that we will have on the schedule. Others to be determined after evaluations.
  - Xtreme Spirit Davenport January 11th-12th
  - Xtreme Kalahari Feb. 15th-16th
  - Rockstar and Celebrity Council Bluffs April 11th-12th
- **Competition expectations:**
  - Athletes are to be in uniform or warm ups at all times at the competition venue. Hair is to be up and make-up done by the meeting time set by your coach.
  - Fingernails must be trimmed to a safe length.
  - Nail polish: Polish will need to be clear or natural colors.
  - Uniforms, not warm ups, are to be worn during awards.
  - You will be expected to represent yourself and M & M Elite well and in a positive manner, with good sportsmanship at all times.
  - More competition expectations could be added at any time.

## **Pricing Schedule**

- Monthly tuition will be billed on the 1st of every month (Sept-March). We will accept cash, check, or card (there will be a 3% convenience fee for card to offset our costs)
  - We will be including team practice tuition, music, insurance, and administration fees into the monthly tuition to make billing and budgeting easier for the families.
    - Monthly Tuition: \$85 (subject to modification prior to contract signing)
    - PAY IN FULL: If you pay the season's tuition in full by September 1, you will receive a 7.5% discount
    - FAMILY DISCOUNT: If you have an athlete on a team, each additional athlete from the immediate family will receive a monthly discount.
    - CROSSEOVERS: There is an option for athletes to crossover to a different PREP team if we have more than one. For example, someone is age eligible to cheer both mini and youth so they compete on both teams. The tuition for a second team will be charged at a lower rate.
  - Account must be up to date on payments (or arrangements made) to be evaluated for a competitive team.
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- There are mandatory and optional costs in addition to tuition:
    - Mandatory:
      - Cheer Shoes (approx. \$100)
        - You may purchase different shoes on your own with approval from coaches.



- Shoes can be used for multiple seasons as long as they are clean and in good condition.
- Uniform, including bow (approx \$250)
  - We will be planning on using the same uniform for at least 3 years so this will not be an every year expense
- Competition fees (approximately \$250)
- Choreography (full cost divided between all athletes, approx. \$250-300)
  - We think it's important to hire an outside choreographer for our teams to ensure we have the best routine possible for our athletes.
- Hotel and transportation fees (if needed). We will try to get a room block if we compete where an overnight stay is needed. We always try to keep hotel pricing low while still getting a quality hotel.
- Practice Tee (approx. \$10) and M&M warm up jacket (approx. \$50)
- Digital Photos (\$10)
  - This will include both team and individual headshots as well as any competition photos taken by DTM Images
- Optional:
  - Warm up pants (if you choose not to, you will be required to have black pants as your warm ups)
  - M & M Backpack (personalized)
  - Extra M & M practice apparel/merchandise
  - Professional photos taken at competitions (Approx. \$15 per competition this is offered)

## **FUNDRAISING**

- We are hoping to appoint a parent volunteer to organize some fundraising opportunities. This money will only go to those participating in the fundraisers and can be used to pay for tuition, competition fees, choreography fees, etc.